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## ABSTRACT

The present invention is based in part upon the discovery that the use of pyruvate in enteral formulations, in combination with an anabolic protein composition, produces a synergistic effect in increasing the lean body mass or muscle tissue of a mammal consuming same. The present invention also provides a method for increasing fat loss or decreasing the percent body fat in a mammal through the administration of an anabolic protein composition. The present invention relates generally to a composition for enhancing the protein concentration or muscle mass of a mammal and a method for enhancing the protein concentration or muscle mass in a mammal. More specifically, the present invention relates to a composition which comprises an anabolic protein composition and optionally pyruvate and/or derivatives thereof. The compositions according to the invention can take the form of powders, liquids, pills, capsules, tablets, food additives, candies or confections.